



No indictment for officer that killed Michael Brown

U.S. reacts to fate of cop who killed unarmed black teen **PAGE 11**

Province moves to regulate e-cigs

Bill will ban all flavoured tobacco, treat sale of e-cigarettes the same as their tobacco counterparts **PAGE 4**

HEELS GIVE A LEG UP

STUDY FINDS THAT THE HIGHER THE HEEL, THE MORE HELPFUL MEN ARE **PAGE 18**



A CULTURE SHIFT IS BORN

Ontario Premier Kathleen Wynne tours the newborn screening lab at the Children's Hospital of Eastern Ontario on Monday. After her tour, Wynne spoke about the committee on sexual harassment she has agreed to create, saying it won't be "writing just another set of protocols that will be on a piece of paper on a wall in an office" but "dealing with cultural norms that need to be shifted." Story, page 4. LUCY SCHOLEY/METRO

Police data to be released: Hacker

Swatting case. Police say there have been no security breaches



TREVOR GREENWAY
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The hacker known as Aerith, who crashed the city of Ottawa and Ottawa Police websites over the weekend, claims to have stolen data from police and plans to release documents to media in the coming days.

Ottawa Police confirmed there was a denial of service attack on their site, but ensured the public that no data had been compromised. Aerith says otherwise.

"We indeed did breach their server. Yes we have a ton of data, and yes it will be released," said the hacker, who claims to be with the loose-knit vigilante group Anonymous, in a news release Monday evening.

"We (Aerith) are the ones who took out the Supreme Court, Ottawa Police, City of Ottawa, Toronto Police, Laval

Police, and more. We will be taking out more in the coming days, and we will not stop."

The hacker says it plans to release police "emails, documents and more" and won't stop crashing city websites until police drop 60 swatting charges against a Barrhaven teen — a crime they say he was framed for.

The hacker also crashed the City of Toronto, Toronto Police and the government parliament websites and took down the City of Laval website Monday evening.

"When the charges are dropped (we will stop), until then, we will keep taking them offline," said Aerith in an email exchange with Metro.

"The police have framed an innocent youth, and failed to investigate the crimes and furthermore, they have failed to provide any shred of solid proof."

The hacker says it has proof the swatting — prank-calling emergency services to send out SWAT teams under false pretenses — was actually done by a man in New Jersey and plan to release documents that

would exonerate the teen in the coming days.

The hacker first attacked Ottawa.ca Friday, as users were brought to a screen with an image of a dancing banana and a message targeting Ottawa police officer Joel Demore.

"You laugh at us, you are scared of us, does this help your laughing?" the message stated.

The hacker then posted Demore's email and cellphone number and his home address. They say they have more intense attacks planned.

"We are hiring people to go disrupt power lines by the Ottawa Police headquarters," Aerith told Metro Monday morning.

Police remain tight-lipped about the case, but Chief Charles Bordeleau said that although their website is down, operation of the force remains fully functional.

"We are investigating the incidents that have affected several organizations. Our systems remain secure and police operations continue to run normally," said Bordeleau. "There have been no security breaches or loss of data."

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Father of accused teen wants cops to check hackers' claims

Accused of 'swatting.'
Dad says Anonymous contacted him with proof boy is innocent



JOE LOFARO
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The father of an Ottawa teen charged with 60 offences relating to "swatting" says his son is no criminal prankster — just a typical 16-year-old.

Ottawa police arrested the teen, who cannot be named by law, on May 8 after the FBI and several police forces investigated a number of swatting cases, in which prank calls were made to solicit a response from a SWAT team.

On the weekend, a hacker managed to take down the City of Ottawa website and deface it with a dancing banana.

The altered site also named Det. Joel Demore, an officer who investigated the swatting case.

The person responsible for the attack — who now goes



The father of a teen charged with 60 "swatting" offences shows off a snap-together computer that he says was sent to his home to stage his son breaching house-arrest conditions. TREVOR GREENWAY/METRO

by the Twitter handle AerithX-OR2 after a number of other accounts were suspended — launched distributed denial of service (DDOS) attacks on other websites, including Ot-

tawapolicy.ca, in an apparent attempt to convince police that they arrested the wrong guy.

The father claims the infamous hacktivist group

Anonymous contacted him earlier this month with evidence that proves his son's innocence.

For example, he said his son was accused of using Twit-

ter to brag about the swatting; however, tweets from the account were sent after his arrest.

The youth, who is on house arrest and is prohibited from using a computer as part of his bail conditions, is no more tech savvy than the typical teen and did not use Twitter, his father told Metro on Monday.

"Here's the whole irony. I asked (my son), 'Have you ever been on Twitter?' He said, 'Hell no. Twitter is for idiots that think it's important for the world to know what they had for lunch,'" he said.

The father said he is frustrated by a lack of communication from police following his appeals to Det. Demore to investigate the hackers' claims.

As their website remained unavailable for a third day, Ottawa police refused to respond to the father's comments.

"I can't be giving out anything that we're working on," said spokesman Const. Chuck Benoit, who added that the hacker "didn't compromise anything internally" on their website.

Hacker breached site by impersonating IT worker

The hacker was able to deface the City of Ottawa website by tricking a technician into thinking he or she worked in the city's IT department.

In an email to Metro on Monday, "Aerith" claims to have posed as a program manager who oversees a team of analysts and co-ordinators.

"Then I had them update the domain name servers (DNS) to mine and put a defaced page up," wrote Aerith.

Mayor Jim Watson acknow-

ledged the breach Monday, telling reporters that a service provider was contacted by someone claiming to work for the city. No personal information was ever at risk, he said.

"We are taking every step we can to make sure that it doesn't breach our database because there's obviously a lot of personal information," said Watson.

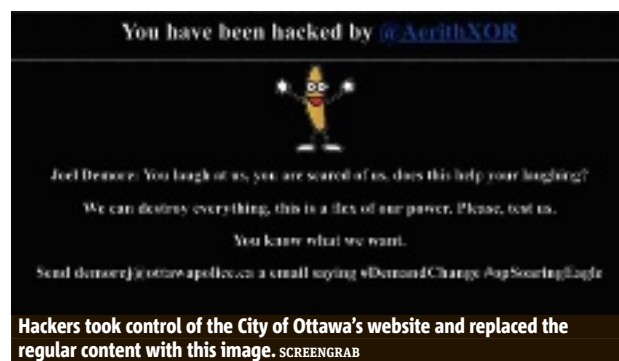
Ottawa.ca was restored Monday but wouldn't load beginning at 1:30 p.m., presumably

because of another distributed denial of service (DDOS) attack. The tactic is used by Internet saboteurs to overload a website with requests.

"I wonder what would happen if we took ottawa.ca offline right now," Aerith tweeted minutes earlier. Then, seconds after, the site went black: "Goodnight Ottawa.ca."

By press time, the site was still not responding.

JOE LOFARO/METRO, WITH FILES FROM TREVOR GREENWAY



Hackers took control of the City of Ottawa's website and replaced the regular content with this image. SCREENGRAB

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Ontario to treat e-cigarettes just like regular cigarettes

Making Healthier Choices Act. New bill covers everything from menthol cigarettes to calories counts on menus

Ontario moved Monday to regulate the sale of electronic cigarettes, ban all flavoured tobacco products, including menthol cigarettes, and mandate calorie counts on restaurant menus with its Making Healthier Choices Act.

The omnibus bill would treat e-cigarettes just like tobacco cigarettes, with a total ban on sales to youth and on using them in restaurants and public buildings.

"Until we have the evidence as to how bad or what the evidence is on electronic cigarettes, all we're saying is let's not get our kids started on this," said Associate Health Minister Dipika Damerla. "The evidence shows if young kids see people smoking or vaping, they are likely to take

up smoking or vaping."

Even though e-cigarettes do not produce second-hand smoke, they still send the wrong message to teens, added Damerla.

"We're not banning it," she said. "All we're saying is we want to regulate it and there's absolutely nothing in this legislation that would stop an adult from using it."

The New Democrats said the Liberals should have taken action sooner.

"Every month that goes by, more and more youth pick up smoking by experimenting with e-cigarettes and then making the switch," said NDP health critic France Gelinas.

Damerla said the restaurant and motel industries asked for regulations on e-cigarettes so they don't have to argue with customers who aren't clear on the rules, and noted about 43 American states and the province of Nova Scotia have already regulated e-cigarettes in some way.

THE CANADIAN PRESS



Daryl Cura demonstrates an e-cigarette at a vape store in Chicago. Ontario is moving to regulate the sale of electronic cigarettes, ban all flavoured-tobacco products and mandate calorie counts on restaurant menus as part of a new bill. NAM Y. HUH/THE CANADIAN PRESS/THE ASSOCIATED PRESS FILE

Premier to strike committee on sexual harassment



Annika Broadhead, a patient at the Children's Hospital of Eastern Ontario, gives a CHEO teddy bear to Ontario Premier Kathleen Wynne Monday. The premier stopped in for a tour of the hospital's newborn screening lab. LUCY SCHOLEY/METRO

Ontario Premier Kathleen Wynne is agreeing to strike a committee on sexual harassment, after facing criticism from the Progressive Conservatives.

In a letter to interim PC leader Jim Wilson, Wynne said she hopes the committee will create a report that highlights victims' experiences with sexual violence and harassment and make recommendations on how to shift the culture.

"I do not see this com-

mittee as being about writing just another set of protocols that will be on a piece of paper on a wall in an office or in another venue," Wynne later said, after she toured a lab in the Children's Hospital of Eastern Ontario.

"We have many rules and I'm not saying that there won't be new rules. There may be good suggestions about what kinds of changes, either legislative or regulatory or whatever.

But I believe that we're ... dealing with cultural norms that need to be shifted."

Tory Laurie Scott has been asking for a select committee with equal representation from all three parties to study sexual harassment since allegations against former CBC radio star Jian Ghomeshi surfaced last month.

Scott complains Wynne's committee would be Liberal-dominated, and says Wynne is trying to politi-

cize the issue, calling the premier's move unfair. She said two MPPs from each party should sit on the committee.

And she says the committee should decide on the scope of its investigation, not the premier or the Liberal government.

Wynne says she wants to depoliticize the discussion and reach out to people in LGBTQ and aboriginal communities. LUCY SCHOLEY/METRO, WITH FILES FROM THE CANADIAN PRESS

Witnesses sought

Vehicle hits female octogenarian

Ottawa police want to talk to anybody who saw a vehicle strike an octogenarian in Nepean on Sunday.

Police say they responded to a report of a vehicle hitting the 80-something-year-old female pedestrian on Strandherd Road between Greenbank Road and Longfield

Drive just after 5 p.m. on Sunday.

Ottawa paramedics treated the woman's serious injuries and sent her to the hospital, where she still remains.

Police are asking anybody with more information to call 613-236-1222, ext 2481. Anonymous tips can be submitted by calling Crime Stoppers at 613-233-8477 (TIPS), toll free at 1-800-222-8477.

METRO

Annual gala

Police raise \$100,000 for Boys and Girls Club

Ottawa police raised \$100,000 for the Boys and Girls Club of Ottawa through its annual gala on Oct. 25. Chief Charles Bordeleau was expected to present a cheque to the organization during the board services meeting on Monday

evening.

The gala has raised a total of \$472,000 for different charities since it started in 2010.

Organizations can apply to be the charity of choice for next year's gala at charityville.com. Applications are up in December and the deadline will be Jan. 31, 2015.

The sixth annual gala will be on Nov. 7, 2015 at the Ottawa Convention Centre. Tickets will go on sale next spring. METRO

In her shoes

Police help shine a light on violence against women

Ottawa Police Chief Charles Bordeleau and a group of other men will literally walk a mile in women's shoes on Tuesday afternoon.

The Walk A Mile in Her Shoes campaign is a fun attempt to raise awareness of

violence against women. Men will don women's heels and walk a mile from the police station at 474 Elgin St. to City Hall starting at 2:30 p.m.

White Ribbon, a national organization that encourages men to act on ending violence against women, will start the event with speeches at the police station. Shine A Light, another organization that aims to end violence against women, will end the event at city hall. METRO

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Support. Artist's painting to benefit Cpl. Nathan Cirillo's son

Sales from an emotionally touching painting created by Ottawa artist Katerina Mertikas will support the five-year-old son of Cpl. Nathan Cirillo, the sentry who was gunned down at the National War Memorial on Oct. 22, the City of Ottawa said Monday.

Mertikas, who has been painting in her basement studio for the past 24 years, said she is overwhelmed already

by the feedback she has received since she first unveiled the painting, Honouring My Father.

The artwork depicts Cirillo standing guard at the Tomb of the Unknown Soldier at the memorial with his son waving next to him with a Canadian flag in his other hand.

"I was going to put another corporal standing beside Nathan Cirillo, but when I heard he had a son, and my specialty is children, I must put the son in," Mertikas explained Monday in Mayor Jim Watson's boardroom.

An original of the painting was erected in his boardroom, while another one will also hang for public viewing in Jean Pigott Place inside City Hall.

Prints of the painting are available for purchase through koymangalleries.com for \$124. All profits are being directed to a trust fund for Cirillo's son, Marcus.



Ottawa artist Katerina Mertikas
JOE LOFARO/METRO

JOE LOFARO/METRO

Police ask women for feedback on response to violent crimes



Hollaback! Ottawa's Julie Lalonde delivers a raucous speech at the Ottawa SlutWalk. TREVOR GREENWAY/METRO FILE

Seeking answers. The anonymous survey is aimed at women who are at least 18 years old

Women who have dialed 9-1-1 for help can now help Ottawa police by filling out an online survey.

The police, and University of Ottawa criminology professor Holly Johnson, launched a survey on Monday to gauge how well they respond to crimes of violence against women.

"I think it'll only make us better," said Joan McKenna, acting superintendent with the Ottawa police. "We want to hear from people who make that call to us, whether it be a partner assault or a sexual assault or harassing phone calls. What can we do to provide better service?"

The anonymous survey is aimed at women who are at least 18 years old, have experienced violence in Ottawa and reported it to police. The

first portion of the survey asks questions about demographics, including age and sexual orientation. Then it gets into questions about the alleged assault, including whether the woman had children or was in a relationship at the time.

Julie Lalonde, of Hollaback! Ottawa, said it's encouraging that police are opening up to feedback on this issue. She has worked with sexual assault survivors for about a decade and said it's tough for many women to report their assaulters with little evidence and little chance of a conviction.

Given the recent allegations in the media against former CBC Q radio host Jian Ghomeshi and the social media campaign #BeenRaped-NeverReported, something in the justice system needs to change, she said.

"It's telling to me that women have felt more comfortable over the past few weeks speaking to the media, than they have reporting to police," she said.

LUCY SCHOLEY/METRO



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Feds talk anti-terror measures at committee

National security.
Tories want to make better use of secret intelligence in court

The Harper government is looking for ways to better use secret intelligence in court proceedings as a means of countering homegrown terrorism, says a senior federal official.

The goal is to introduce intelligence in criminal trials while protecting the sensitivity of the information, John Davies, a director general with Public Safety Canada, told a Senate committee Monday.

The government is also studying improved information sharing among agencies and whether the threshold for detaining a terror suspect is too high, Davies said. Options are being developed for cabinet consideration.

"There's a lot of things in discussion right now."

By the numbers

130

A federal report published earlier this year said the government knew of more than 130 individuals with Canadian connections who were abroad and suspected of supporting terror-related activities.

Davies was among several public servants and police quizzed Monday by members of the Senate national security and defence committee.

The government has indicated it will bring in new legislation following last month's fatal daylight attacks on soldiers in Ottawa and St-Saint-Jean-sur-Richelieu, Que.

It recently introduced a long-planned bill that would ensure the ability of the Canadian Security Intelligence Service to track suspects overseas and provide blanket protection to the spy agency's informants.

Canada has sent fighter jets to combat the Islamic

State of Iraq and the Levant's guerrilla-style forces. It has condemned the group's use of grisly videos touting their execution of opponents, including western civilians.

The government has said it's eyeing new measures that could clamp down on such glorification of extremism on the Internet.

Much of the content is hosted on servers outside Canada, noted Gary Robertson, an assistant deputy minister with Public Safety.

The challenge is balancing any move to censor expression with Canada's promotion of an open Internet as a tool of global democracy, Robertson indicated to the senators.

Canada can look at reining in content that is tantamount to hate speech, he said. "We don't want to go too far into the Internet governance domain, though, beyond that. We're still assessing what's the best approach that has the maximum impact."

THE CANADIAN PRESS



Public Safety and Emergency Preparedness Minister Steven Blaney appears at the Commons committee hearing witnesses on Bill C-44, the Protection of Canada from Terrorists Act, on Parliament Hill on Monday. ADRIAN WYLD/THE CANADIAN PRESS

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Janet Whitehead is shown in a handout photo. Whitehead, 60, had never smoked and was stunned to learn five years ago that the breathlessness and persistent cough she had been experiencing were symptoms of lung cancer.
HANDOUT/CANADIAN CANCER SOCIETY/MARK WHITEHEAD/THE CANADIAN PRESS

Radon gas checks critical: Experts

Cancer-causing gas. Homeowners should have their houses checked for radon, a radioactive gas linked to lung cancer

It's a naturally occurring radioactive gas that can seep through cracks and crevices in houses and other enclosed spaces — and can cause lung cancer. Yet many Canadians aren't even aware of its existence or its associated health risks.

Radon, a colourless and odourless gas emitted through soil, is believed to be responsible for 16 per cent of lung cancer deaths — approximately 3,000 — in Canada each year, making it the second-leading cause of lung cancer fatalities after tobacco use, says the Canadian Cancer Society.

Yet a national survey commissioned by the society found that only one in three respondents was aware of health issues concerning radon gas, while about the same proportion knew the radioactive gas could be "very harmful." About one-quarter of the 1,238 respondents had no idea it posed a health risk at all.

"Because it is a gas, it gets inhaled," said Gillian Bromfield, director of cancer control policy. "Once inhaled into the lungs, it can do damage."

Radon is released into the air as soil and rocks containing uranium gradually break down. Outdoors, released gases

quickly disperse at low levels. However, when radon enters buildings through foundations and vents, it can accumulate in higher concentrations, especially in poorly ventilated areas.

The risk of developing lung cancer depends on how much radon a person is exposed to, how long their exposure is, and whether they smoke.

The risk of lung cancer due to radon gas is much higher among people who smoke than those who don't smoke, Bromfield said.

Quoted

"The only way to really know is to check your own house."

Gillian Bromfield, director of cancer control policy, noting that you and your neighbour can have different levels of the gas present in and around your home.

Despite the potential danger, the survey found 96 per cent of respondents had not tested their houses for radon, although half said they would move if the gas were detected.

Janet Whitehead, 60, never smoked, so she was stunned to learn five years ago that the breathlessness and persistent cough she'd been experiencing were symptoms of lung cancer.

Whitehead and her husband had moved to Vancouver from Ontario, where the family had lived in Cornwall and Ottawa, and decided to explore potential causes, she said. So they sent radon test kits to the owners of their former homes.

"We felt it was the right

thing to do, to send a kit to those homes just in case that's where I contracted the cancer," said Whitehead, who was treated with surgery.

While the Cornwall house tested negative for radon gas, the Ottawa home they'd lived in from 1993 to 1997 before moving to Vancouver had levels 16 times higher than Health Canada's guideline of 200 Bq/m³ (becquerels per cubic metre, a measure of radioactivity).

"The good news is that the home has now been successfully mitigated for radon and is completely safe for the current homeowner(s)," she said.

Neither her husband nor her children have developed lung cancer, likely because they did not spend as much time in the house as she did as a stay-at-home mother, Whitehead speculated.

To test for radon, homeowners can buy an inexpensive kit at a hardware store or hire a professional to measure radon levels, said Bromfield.

"The only way to really know is to check your own house. Your neighbour can have extremely low levels and you can have high levels."

"We really just want Canadians to be aware that this risk exists. And this is something that we can actually do something about."

The online survey of 1,238 randomly selected Canadian adults was conducted Oct. 22-19 by Angus Reid. The survey has a margin of error of plus or minus 2.8 percentage points, 19 times out of 20.

THE CANADIAN PRESS

Blooper. Tory attempt to embarrass Grits backfires

The latest Conservative sting operation aimed at discrediting a prominent Liberal candidate has instead wound up embarrassing several Tory MPs, including senior cabinet minister Jason Kenney.

The operation involved a young Conservative operative who secretly recorded a conversation with Marlo Raynolds, the Liberal candidate in Banff-Airdrie, and two other men at a public meeting in Canmore, Alta., last week.

The recording purported to show Raynolds criticizing the Tories' recent family tax cut plan, saying it amounts to giving money to people for "arguably nothing," only to see them spend it on TVs, cars and other things that don't benefit the economy. The recording was given to Sun News Network personality Brian Lilley, who denounced Raynolds' purported comments — and, by extension, the Liberal party — on his



Employment Minister Jason Kenney
THE CANADIAN PRESS

TV show and in a newspaper column.

Blake Richards, the Tory MP for Banff-Airdrie, and two other Alberta MPs — Chris Warkentin and Kenney, the employment minister — pounced on Lilley's work to denounce Raynolds and the Liberals in the House of Commons.

The problem? The words attributed to Raynolds were actually spoken by another individual, Canmore resident Tam McTavish, who has publicly stepped forward to correct the record. **THE CANADIAN PRESS**

Nude photos. Manitoba judge to retire from bench

A Manitoba judge whose nude photos were posted online by her husband will voluntarily retire from the bench rather than endure another hearing into whether she should be removed from her position.

A three-person panel investigating Associate Chief Justice Lori Douglas approved a settlement between the judge and the Canadian Judicial Council Monday.

Under the agreement, Douglas will retire in May and hearings into her conduct will be dropped. The judicial council said pursuing the matter after Douglas retires would not

be in the public interest.

A hearing into the case was to start Monday, but lawyer Sheila Block told the panel her client reached an agreement with the judicial council. Four years of having her personal life scrutinized has taken its toll on Douglas, Block said.

"Even though she loved being a judge, considered it an honour and privilege to serve, she is at the point where this is the best choice for her, for her son and elderly father, for her late husband's children and the rest of her family," Block said.

THE CANADIAN PRESS

Toxic report expected

Veterans to get more funding

The Harper government's frenzy of funding to support veterans continued Monday, ahead of what's expected to be a politically toxic report by the auditor general on mental health services for ex-soldiers.

Health Minister Rona Ambrose added to the funds with \$5 million for the Canadian Institute for Military and Veteran Health Research.

This will be matched by the True Patriot Love Foundation, and follows a \$200-million, six-year commitment made Sunday in Halifax. **THE CANADIAN PRESS**

CSIS

Spy bill is constitutional, official says

The deputy minister of public safety says a bill that would allow Canada's spy agency to break foreign laws is constitutional.

Francois Guimont assured MPs that lawyers had vetted the legislation against the Charter of Rights and Freedoms.

The legislation would provide blanket protection for Canadian Security Intelligence Service sources and give the spy agency more latitude to obtain warrants authorizing investigations abroad. **THE CANADIAN PRESS**



Tensions high over pipeline in Burnaby

RCMP are pictured in the background protecting a Kinder Morgan drill on Monday as a sign placed by a anti-pipeline demonstrator is pictured in the foreground in Burnaby, B.C. The proposed \$5-billion expansion would nearly triple the capacity of the pipeline that carries crude oil from near Edmonton to the Vancouver area to be loaded on tankers and shipped overseas. On Sunday, at least a dozen protesters, including an 11-year-old girl were taken into custody, as a demonstrations continued in spite of a court-issued injunction.

JONATHAN HAYWARD/THE CANADIAN PRESS

A possible case of wrongful conviction?

'It was a nightmare.'

Glen Eugene Assoun released after being convicted of second-degree murder in 1999

A Nova Scotia man who was serving a life sentence for stabbing his ex-girlfriend to death walked from court on bail Monday, calling his release "surreal" and his time in the criminal justice system a nightmare.

"It's been a long, terrible journey for me," said Glen Eugene Assoun, who was granted bail after a preliminary review of his case said he may have been wrongfully convicted.

"I am an innocent man. I've always been innocent and I always will be innocent."

Assoun was greeted by applause from his supporters as he left court after 16 years in prison, thanking his lawyers and the Association in Defence of the Wrongly Convicted for pursuing his case.

Walking away from the same building where he was convicted and sentenced was a moment that Assoun reflected on. "I went through a murder trial by myself. I have a Grade 6 education and I had to defend myself. And it was a nightmare," he said.

Assoun was convicted by a jury of second-degree murder and sentenced to life in prison in September 1999 for the slaying of Brenda Lee Anne Way.



Glen Eugene Assoun talks with reporters at Nova Scotia Supreme Court in Halifax on Monday. Assoun, who was serving a life sentence for stabbing his ex-girlfriend to death, was granted bail after a preliminary review of his case said he may have been wrongfully convicted. **ANDREW VAUGHAN/THE CANADIAN PRESS**

The federal Justice Department said recently that a preliminary assessment shows there may have been a miscarriage of justice and a more in-depth investigation has been launched into his case.

Assoun's lawyer began reviewing the case eight years ago and persuaded the association for the wrongfully convicted to take it on in 2010.

Judge James Chipman of the Nova Scotia Supreme Court ruled Monday that Assoun should be released on a number of conditions including one that requires him to stay with family in an undisclosed province and another that will see him electronically monitored.

Assoun, 59, also has to relinquish his passport, meet with a parole officer weekly, report any intimate relationships he has with women and not contact Way's family.

The Crown agreed with a submission from Assoun's lawyers that he should be released on bail. In his decision, Chipman said it is apparent that the Crown and defence put a lot of work into crafting a release order for Assoun.

"The court takes comfort in this," Chipman said, adding that he is confident Assoun would surrender himself to authorities if asked to because he has "a significant stake" in the outcome of his proceedings.

Quoted

"I went through a murder trial by myself. I have a Grade 6 education and I had to defend myself. And it was a nightmare."

Glen Eugene Assoun, talks about the his murder trial after he was granted a release after serving 16 years in prison for the murder of his ex-girlfriend Brenda Lee Anne Way

Way's partly-clothed body was found behind an apartment building in the Halifax area on Nov. 12, 1995. The 28-year-old woman was stabbed six times and her throat was slashed.

Assoun, who was living in British Columbia when he was arrested more than two years later, has always said he was wrongfully convicted of the crime.

"He has not deviated from his assertion of innocence by a hair," Philip Campbell, Assoun's lawyer, said Monday.

Outside court, Campbell said he was struck by the scene that played out in court as Assoun listened to the judge tell him he would be allowed out on bail.

Crown lawyer Marian Fortune-Stone stressed that the preliminary assessment that indicates there may have been a miscarriage of justice has not been tested in court, but she agreed that Assoun's application for release had merit.

THE CANADIAN PRESS

Blue Cross says it won't cover couple with million-dollar baby

Saskatchewan. Family facing more than \$900,000 in medical bills after an unexpected child birth in Hawaii

Saskatchewan Blue Cross said in a statement Monday that Jennifer Huculak should seek help from the national independent insurance ombudsman after denying her claim of more than \$900,000 in medical bills.

Huculak said she was six months pregnant when she left for a vacation in Hawaii with the blessing of her doctor and health insurance from Blue Cross. Soon after arriving, her water broke and her premature baby required a two-month stay in an American neonatal intensive care unit.

Huculak said Blue Cross

denied her claim, saying a bladder infection that caused some hemorrhaging at four months constituted a pre-existing condition.

Saskatchewan Blue Cross President Arnie Arnott said Huculak was given "nine specific events" that prevented her claim from being paid and referred the media back to Huculak for further explanation.

He said the challenges facing Huculak's family are "extraordinary and difficult."

"A review by OLHI is free of charge and Saskatchewan Blue Cross will cover any costs incurred by Ms. Huculak preparing her claim for review by the ombudsman," Arnott said in the statement.

Blue Cross aims to "help families avoid situations like this one," he added.

Huculak didn't immediately return calls on Monday.

Last week, she said she

wasn't given a Blue Cross questionnaire before the trip.

"We were told we were covered. We paid our premium. We obviously still feel that Blue Cross should cover the bill," she said. "It's a very sad position to be in. I wouldn't wish it on anybody."

Huculak said if a doctor told her she had a high-risk pregnancy, she wouldn't have travelled to Hawaii. She said her doctor sent a letter to Blue Cross confirming that Huculak's pregnancy was stable when she went on vacation, but the claim was still denied.

"As of March, Blue Cross pretty much washed their hands of the whole case," she said. "We've just kind of been sitting ducks, not knowing what to do."

The hospital in Hawaii has declined comment.

THE CANADIAN PRESS



Reece Huculak was born in a Hawaii hospital after Jennifer Huculak gave birth while on vacation. Huculak says she was six months pregnant and travelled with the blessing of her doctor and health insurance from Blue Cross. JENNIFER HUCULAK/THE CANADIAN PRESS

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New law could spell freedom for Egyptian-Canadian journalist

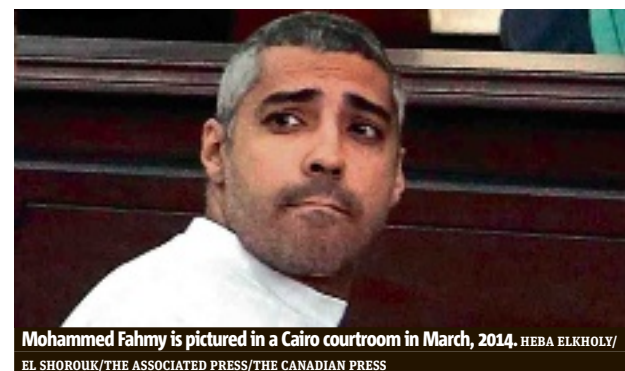
The lawyers of an imprisoned Egyptian-Canadian Al-Jazeera journalist called Monday for his release, saying he should benefit from a recently passed law that allows the country's president to deport foreign defendants, or be freed for health reasons.

Amal Clooney and Mark Wassouf of British firm Doughty Street Chambers said in a statement that Mohammed Fahmy is in prison for more than 300 days on the basis of a "fundamentally unfair" trial.

Fahmy, Australian Peter Grete, and Egyptian Baher Mohammed were charged with helping the Muslim Brotherhood, a group Egypt's government has declared a terrorist organization. Fahmy and Grete were sentenced in June to seven years and Mohammed to ten in a trial described as a sham. The trio appealed their sentences and a court has set an appeals hearing for Jan. 1, 2015.

President Abdel-Fattah el-Sissi said last week that he is examining ways to resolve the matter. El-Sissi was responding to a question about whether he considered issuing a pardon for the defendants or deporting the foreign defendants in the case.

The law, passed this month,



Mohammed Fahmy is pictured in a Cairo courtroom in March, 2014. HEBBA ELKHOLY/EL SHOROUK/THE ASSOCIATED PRESS/THE CANADIAN PRESS

Details

The Al-Jazeera journalists' arrest last December was part of a broad crackdown in Egypt against Islamists in which hundreds have been killed and thousands arrested.

- The journalists say they are being prosecuted simply for doing their job.

the country's chief prosecutor to release Fahmy, who suffers from Hepatitis C and an injured shoulder, because the ailments require urgent treatment.

THE ASSOCIATED PRESS WITH FILES FROM THE CANADIAN PRESS

Video. Details of boy's shooting 'clear': Police

A Cleveland officer was less than 10 feet away when he fatally shot a 12-year-old boy carrying a pellet gun near a playground, and video of the shooting is clear about what happened, police said Monday.

The boy was confronted Saturday by officers responding to a 911 call about a male who appeared to be pulling a gun in and out of his pants.

The 911 caller said the gun was "probably fake," then added, "I don't know if it's real or not." Deputy Chief Edward Tomba said Monday that he didn't know whether a dispatcher shared that information with responding officers.

The president of the Cleve-

land Police Patrolmen's Association has said the officers weren't told the caller thought the gun might be fake.

Police say Tamir Rice, who died Sunday, had an "airsoft" gun that appeared indistinguishable from a real firearm. Airsoft guns fire spherical plastic pellets and have orange tips to show they aren't real firearms, but police said the one the boy had didn't have the bright safety indicator.

Authorities said the boy was told to raise his hands and was shot when he pulled the pellet gun from his waistband, though he hadn't pointed it at police or made verbal threats.

THE ASSOCIATED PRESS



Demonstrators gather to protest the shooting of Tamir Rice at Cudell Park in Cleveland, Monday. MARK DUNCAN/THE ASSOCIATED PRESS

Officer Wilson not indicted in Michael Brown shooting

Protests across U.S. Rallies planned to coincide with Monday announcement

A grand jury has decided not to indict Ferguson police officer Darren Wilson in the death of Michael Brown, the unarmed, black 18-year-old whose fatal shooting sparked weeks of sometimes-violent protests.

St. Louis County Prosecuting Attorney Bob McCulloch announced the decision Monday evening. A grand jury of nine white and three black members had been meeting weekly since Aug. 20 to consider evidence.

At least nine votes would have been required to indict Wilson.

The U.S. Justice Department is conducting an investigation into possible civil rights violations that

could result in federal charges.

Brown's Aug. 9 death sparked more than a week of unrest that included angry clashes between police and protesters and led Missouri Gov. Jay Nixon to briefly summon the National Guard.

Police departments in several major cities were bracing for large demonstrations as people across the country planned to hold protests to coincide with Monday evening's announcement of the grand jury's decision.

The racially charged case has inflamed tensions and reignited debates over police-community relations in many cities. In Ferguson, the shooting led to nightly protests that sometimes turned violent, with demonstrators throwing Molotov cocktails and police firing smoke canisters, tear gas and rubber bullets.

THE ASSOCIATED PRESS



A protester waves a flag, Monday in Ferguson, Mo., more than three months after Michael Brown's death. THE ASSOCIATED PRESS

Afghan bombings kill 2 NATO troops, 6 civilians

Bombings across Afghanistan killed two NATO troops and six civilians Monday, authorities said, as the death toll in the country's deadliest insurgent attack this year rose to at least 50.

The attacks, including Sunday's mass killing by a suicide bomber at a volleyball tournament, come amid a renewed Taliban offensive as foreign troops begin to withdraw from the country.

In a statement, NATO said the troops had been killed by an "enemy attack in eastern Afghanistan." It did not identify the nationalities of dead, as the coalition waits for their home countries to make the announcement.

A spokesman for Kabul's police chief, Hashmat Stanekzai, said the troops were killed when a bomb attached to a bicycle exploded near a foreign military convoy in the eastern part of the capital Monday morning. He said the blast wounded one Afghan civilian.

A total of 63 NATO troops have been killed this year, 46 of them Americans.

Another bomb attached to a motorcycle exploded later Monday in a crowded market in Afghanistan's northern Kunduz province, killing six people and wounding at least five, police spokesman Sarwar Hussaini said.

THE ASSOCIATED PRESS



Bodies of victims killed from Sunday's suicide attack are laid on the ground in the Yahyakhail district of Paktika province east of Kabul, Afghanistan, Monday. THE ASSOCIATED PRESS

Turkey

President Erdogan declares women unequal to men

Turkish President Recep Tayyip Erdogan set off a new controversy on Monday, declaring that women are not equal to men and accusing

feminists of not understanding the special status that Islam attributes to mothers.

Addressing a meeting in Istanbul on women and justice, Erdogan said men and women are created differently, that women cannot be expected to undertake the same work as men, and that mothers enjoy a high position that

only they can reach.

Lawyer and women's rights activist Hulya Gulbahar said Erdogan's comments were in violation of Turkey's constitution, Turkish laws and international conventions on gender equality and didn't help efforts to stem high incidences of violence against women in Turkey.

THE ASSOCIATED PRESS

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Swift's Spotify battle hits note with artists

Striking a chord.

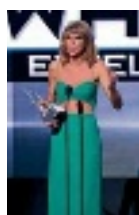
Following pop star Taylor Swift's lead, other musicians are also questioning the music-streaming model

From boardrooms in Japan to songwriters' rooms in Nashville, a debate is brewing in music industry circles about the financial and creative value of streaming music, even as its popularity and impact skyrocket.

Streaming music, predicted by many analysts to become the primary digital means for fans to consume music, has such influence now that Billboard will start tallying streaming numbers into the formula for its Billboard 200 chart. But even as consumers wrap their arms around the technology, many in the music industry question whether streaming music revenues will match up.

At a recent investor meet-

Quoted



"To the fans who went out and bought over a million copies of my last three albums, what you did by going out and investing in music and albums is ... saying you believe in the same thing I believe in: that music is valuable."

Taylor Swift at the American Music Awards on Sunday

ing in Tokyo, Sony Music Chief Financial Officer Kevin Kelleher said a lot of conversation had been happening about streaming services in light of pop star Taylor Swift's recent decision to pull her catalogue off Spotify.

"The key question is: Are the free, ad-supported services taking away from how quickly, and to what extent, we can grow these paid services?" Kelleher asked, according to a report in the Wall Street Journal.

A Spotify representative declined to comment to The Associated Press, but company CEO and co-founder Daniel Ek has addressed some critics on its

website. He notes that the company has paid out \$2 billion US since it started in 2008.

Swift's actions touched a nerve in Nashville, a microcosm of the vast shifts in the musical economy. Country artists Jason Aldean, Brantley Gilbert and Justin Moore followed in Swift's lead to remove or limit music that's available for free to Spotify's 50 million users.

Swift and Aldean have cited concerns about whether the service fairly compensates all the stakeholders who help make the music, a message that resonates among many Nashville artists. **THE ASSOCIATED PRESS**



Merck acquires Canadian-made Ebola vaccine

A World Health Organization (WHO) worker opens a box of a Canadian-made Ebola vaccine at the Geneva Hospital on Oct. 22. The chances that a made-in-Canada experimental Ebola vaccine will successfully make its way through the developmental pipeline and into use in West Africa improved dramatically Monday with new high-powered help taking over the project. Pharma giant Merck, which has nearly a century's worth of vaccine production experience, has acquired the licence to produce the experimental Ebola vaccine from a small U.S. biotech, NewLink Genetics.

WORLD HEALTH ORGANIZATION/MATHILDE MISSIONEIRO/THE ASSOCIATED PRESS

WestJet

Flight attendants reject agreement

WestJet Airlines Ltd. said Monday that its 2,600 flight attendants have voted to reject a tentative agreement reached last month. **THE CANADIAN PRESS**

Market Minute



DOLLAR
88.58¢
(-0.40¢)

Natural gas: \$4.14 US (+\$0.09)
Dow Jones: 17,817.90 (+7.84)



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VOICES

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VOICES

HACKTIVISM CAME TOO SOON

While hacking can be a legitimate form of political protest, guest columnist Molly Sauter argues the recent cyberattack on the Ottawa Police website was premature, as due process hasn't been given its due yet in the case of the teen who the hacktivists say was framed

MOLLY
SAUTER

Guest column

Hacktivist actions like website defacements and other forms of online civil disobedience are necessary tactics in the toolbox of a modern democracy, and can be a powerful tool for underprivileged populations struggling to get their message heard. But the hacker who recently took down several official Ottawa websites is turning to disruptive tactics ahead of due process.

The hacker or group of hackers calling itself AerithXOR and using the hashtag #OpSoaringEagle, has stated that it is rallying in support of an Ottawa teen who, it claims, has been falsely indicted for making more than 30 false reports to emergency services across North America, a practice called "swatting."

These so-called pranks involve reporting a fake violent crime to the police in the hopes that they will respond in force.

The danger that someone will be seriously injured or even killed in one of these "pranks" is significant and should be taken seriously.

DDoS actions (distributed denial of service actions) and other hacktivist tactics have

Superficial similarities

On face, #OpSoaringEagle bears a resemblance to other Anonymous ops

been tools of online activism since the 1990s, when they were used in the service of causes ranging from the Zapatista struggle to anti-nuclear power protests.

Similar to a blockade or occupation, an activist DDoS action typically involves many individual computers accessing the same server repeatedly in a short period of time, with the goal of crashing the server and rendering it inaccessible.

Though DDoS actions are often disruptive, they are not typically destructive, often causing very little (if any) damage to the target's electronic infrastructure.

On face, #OpSoaringEagle bears a resemblance to other Anonymous ops that claimed to be a reaction to the missteps or inaction of law enforcement, such as the effort by Anonymous to bring to light the names of people involved in the rape of a 16-year-old girl in Steubenville, Ohio.

However, in that and other cases, the machinations of the



Demonstrators wearing V-masks participate in the Occupy Frankfurt movement in this 2011 file photo. DANIEL ROLAND/AFP/GETTY IMAGES

justice system had clearly stalled: In Steubenville, prosecutors had dragged their feet in filing charges against the perpetrators despite the presence of ample and damning evidence.

In the case of this Ottawa

teen, the justice process is just getting started and due process is taking place. If AerithXOR has exonerating evidence, let it bring that to the police or the defence.

A theatrical appeal for public attention of this kind is not

necessary until the traditional channels have been exhausted.

Molly Sauter is a PhD student at McGill University studying disruptive online activism, and is an affiliate researcher at the Berkman Center for Inter-

net and Society at Harvard University and the Center for Civic Media at the MIT Media Lab.

She is the author of *The Coming Swarm: DDoS Actions, Hacktivism, and Civil Disobedience on the Internet*.

Harmless emojis banned while misogynistic apps OK'd



IRENE
KUAN

Metro Online

Sexting is nothing new.

People can send lewd messages, images and videos using their smartphones in an instant. Even innocent looking eggplant and banana emojis can be twisted into something perverted, but a new website called Flirtmoji, which provides a set of "sex" emojis you can cut and paste into a text, is trying to bring a fun side to sexting.

I'm very aware that sex

texts are a controversial topic right now, due to horrific child porn and cyberbullying cases in the news.

But is there a point for Apple and Android to reject Flirtmoji from their app stores, citing its "sexual content," when there were and are apps in the virtual stores that offend and objectify women way more than a cartoony-looking emoji of a butt phone or fornicating bunnies?

Take the app Perfect Girlfriend, where users can control a virtual girlfriend that can be "touched" and will tell

Not cool

iBoobs, an app where the user jiggles a pair of bra-covered breasts for entertainment, lived in the Google Play Store for years before it was yanked ...

the user she wants to f—k them. It's still available in Apple's App Store.

Another offensive app is iLust, where the object of the game is for a guy to stare at a girl's breasts for as long as he can without her noticing.

While the App was short lived, Apple did not see fit to

cancel this product, which is far more offensive than a cartoon condom-wearing banana.

Even iBoobs, an app where the user jiggles a pair of bra-covered breasts for entertainment, lived in the Google Play Store for years before it was yanked in April.

Given all these examples of sexually explicit, offensive apps that have been available in the notable app stores, should Flirtmojis be censored?

The creators make the argument that we're highly sexual beings, and have been since well before the dawn of the digital age. No matter how we try to look at it, people can use any means, digital or not, to exploit or to be malicious.

The creators of Flirtmoji are hoping their "visual language" will help people communicate sometimes complicated emotions.



These emojis have not been approved by the App Store.

SCREENGRABS



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Blake Lively and Ryan Reynolds

Um, Ryan, that's no way to sweet-talk your baby

Blake Lively is currently gestating her first official release with husband Ryan Reynolds, and the father-to-be could not be more excited — mostly because he could use a friend, as it turns out. “I’m just excited about having a buddy. We don’t know if it’s a boy or a girl yet, but whatever it is, you have this tether to reality that never goes away,” he tells People magazine. Tether to reality? That never goes away? I mean, that’s a lot of responsibility to put on one kid.

The Word

Katy Perry trumps AMAs with Super Bowl gig



NED EHRBAR
Metro in Hollywood

The NFL has confirmed rumours that Katy Perry will be taking the stage for the next Super Bowl halftime show, taking place Feb. 1 in Glendale, Ariz. Perry got in on the announcement action with a video discussing various ideas for the show in her “testing facility,” including kittens and edible glitter.

After recent years featuring Madonna and Beyoncé, it will be interesting to see what Perry can bring to the ridiculously high-profile gig — and what Illuminati references conspiracy theorists can glean from it.

Still unclear, though? Whether tour director Baz Halpin is risking the ire of Taylor Swift by working with Perry on the show. I’m thinking he maybe didn’t



take Swift’s alleged threat too seriously.

Also, way to go on Perry’s part for managing

to steal plenty of focus during the American Music Awards despite not actually being there.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Cryptic Cosby tweet didn’t come from Lisa Bonet

With the frenzy that’s cropped up around Bill Cosby and the growing number of women accusing him of sexual assault over the years, the Internet is hungry for commentary from anyone who has worked with him. Perhaps overly hungry, as it turns out, because everyone was a little too quick to believe former Cosby Show star Lisa Bonet was tweeting about her old boss.

“According to the karma of past actions, one’s destiny unfolds, even though everyone wants to be so lucky,” a tweet from an account claiming to be Bonet’s read. “Nothing stay in the dark (forever).”

Here’s the thing, though. Bonet isn’t actually on Twitter. “Lisa Bonet has no social



Lisa Bonet ALL PHOTOS: GETTY IMAGES

media of any kind,” her manager tells People magazine. “Any posts made in her name were made by impersonators with unverified accounts. She also has no comment on the ongoing story.”

This also casts serious doubt on the authenticity of the Phylicia Rashad Tumblr that I follow.

Rockin' your list and checking it twice!

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Jermaine seeks licence to Prince's money

Michael Jackson's oldest offspring, Prince Jackson, turns 18 in less than three months, meaning he'll be free of the court-ordered guardianship that's been minding his assets — and some more opportunistic-minded folks have taken note. Among them? Uncle Jermaine Jackson, who “has been trying to get a reality show going” featuring the teen but can't seem to “get it off the ground,” a source tells Radar Online. Prince, for his part, has said he wants to go to college. Smart kid.



Prince Jackson



Waka Flocka Flame

Waka Flocka not just blowing smoke as cough drop pitchman

Love & Hip Hop Atlanta star Waka Flocka Flame has got a new gig: pitching Pine Brothers brand cough drops for, ahem, minor sore throat relief.

Over the strains of soothing piano music and with a cloud of suspicious smoke billowing next to him, the rapper professes that he

“can’t live without my Pine Brothers.”

Honestly, it’s nice to see more companies blatantly going after the stoner market — you should see the Jack in the Box late-night menu ads in California — but doesn’t someone already own the rights to that “because you’re worth it” tag line?

Because I'm happy...

With the sun setting sooner and the cold days of winter around the corner, here are six ways to boost your mood

EMILY LAURENCE
Metro in NYC

Complex carbs

You are what you eat. If you just got dumped, for example, the instinct is to raid the corner store for mac 'n' cheese and easy-bake brownies. But foods like white bread, pasta and fats cause your blood level to rise and then drastically drop — not a good feeling. If you fill up on veggies, brown rice and whole grain foods, the nutrients will be absorbed more slowly, so you won't get crazy highs and lows.



Ginseng tea

This natural herb releases endorphins in your brain, while the act of sipping tea will add some peace into your life. According to naturalsociety.com, ginseng was used to treat schizophrenia back in the sixth century and naturists are still using it to help lift moods. If your job is stressing you out, keep some ginseng tea handy and you'll feel a little less wound-up.



Is seasonal affective disorder (SAD) setting in? There are ways to combat it. ALL IMAGES ISTOCK

Upbeat songs

If you're listening to Radiohead or some new band with depressing lyrics, stop. A study conducted at the University of Missouri found that if you listen to happy, upbeat music with the intention in mind of making yourself feel happier, it can actually work. The key is the mindset. Those who participated in the study and listened to upbeat music without having a purpose really just felt the same.



Work out with a friend

It's common knowledge that exercising is a great way to get those endorphins pumping, but what many don't know is that the effect is compounded when you work out with a friend or in a group fitness class, according to a study done by the University of Oxford. Researchers found people working as a team were happier after exercising than people working out solo.



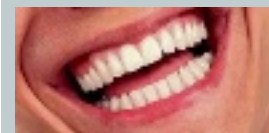
Get creative

Whether it's writing, painting or dancing, embracing your creative side has been shown to lift your mood, a study conducted by Boston College found. If you aren't into that sort of thing, try journaling — it produces the same results. One way is to keep a gratitude journal. Every night, list five things you are worried about and five things you are thankful for. In a couple months, you'll be able to flip back and see that some of your worries later land on the thankful side.



Fake it for now

Studies have shown that it's beneficial to have people in your life you can share your problems with, but there's also something to be said for faking it. "We become how we act," says Christopher Peterson, PhD and author of A Primer In Positive Psychology. Put on clothes that you feel confident in, smile when you don't feel like it, laugh at jokes that aren't that funny, and soon you'll be able to stop faking it because you'll actually be as happy as your acting.



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This week:
Cheers!



Study shows music is good for the memory

Analysis. People with musical training perform better on working memory tasks

Psychology researchers have literally looked inside the minds of musicians and established what could be the first link between music expertise and advantages in long-term memory.

"Musically trained people are known to process linguistic materials a split-second faster than those without training, and previous research also has shown musicians have advantages in working memory," says Heekyeong Park, assistant professor of psychology at the University of Texas at Arlington.

Using electroencephalography (EEG), functional magnetic resonance imaging (fMRI) and functional near-infrared spectroscopy (fNIRS) technologies, Dr. Park and graduate student James Schaeffer measured

electrical activity of neurons in the brains of 29 participants, of whom 14 were musicians, each with at least 15 years' experience. They tested their working memory using pictures and verbal items and later asked participants to state whether each item was new or if it had been part of the material in the first round of experimentation as a test of long-term memory.

"What we wanted to know is whether there are differences between pictorial and verbal tasks and whether any advantages extend to long-term memory," says Park. "If proven, those advantages could represent an intervention option to explore for people with cognitive challenges."

Scans from the imaging

technologies used suggested that musicians process responses in the frontal and parietal lobes differently from non-musicians. The musicians outperformed their non-musical counterparts in both pictorial and verbal tasks that concerned working memory, for EEG readings suggested they had faster neural responses.

When it came down to long-term memory, scans showed the musicians had the edge over non-musicians only in the pictorial category.

The team presented their findings on this week at Neuroscience 2014, the international meeting of the Society for Neuroscience, in Washington DC.

AFP

Quoted

"Musically trained people are known to process linguistic materials a split-second faster than those without training." Researcher Heekyeong Park



Get out the guitar if you want to improve your working memory. ISTOCK

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Psychology. Higher the heel, more helpful the man, according to research



If you're looking for help from a man, it's better to be wearing heels. ISTOCK

A first-of-its kind study investigated the effect of women's shoes on men's behaviour and found that women wearing high heels inspire a man to be more helpful.

"Women's shoe-heel size exerts a powerful effect on men's behaviour," says study author Nicholas Guéguen of the Université de Bretagne-Sud in France.

In the study, Guéguen observed the responses of 90 male participants between the ages of 25 and 50 who had been randomly selected on the street in Brittany, France.

A 19-year-old female participant asked them to complete a survey — once in flat shoes measuring 0.5 cm, once wearing shoes whose heel height

measured 5 cm and once again wearing high heels that measured 9 cm. The results indicate that people's responsiveness doubled between the lowest and highest heel heights.

He also tested people's empathy, observing how approximately 180 men and 180 women responded when four young women of the same height, weight and shoe size dropped a glove on three occasions distinguishable by the height of the heels they wore.

The female participants didn't respond differently according to the heel height of the women who dropped a glove, but men's readiness to help augmented by one third from the flat shoes to the 9 cm shoes. AFP

Mind the App

Yoga Break



MIND THE APP
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Ideal for those pressed for time, this collection of 14 short video sessions includes additional text instructions, a choice of ambient moods, and poses across beginner, intermediate, and advanced users.





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FUN, AFFORDABLE SKIING

VISIT SKI VORLAGE

There's so much more to the quaint village of Wakefield, Que., than croissants and fluffy, feather-filled beds.

Skiers and outdoor enthusiasts should set their sights on the runs at Ski Vorlage, a fun and affordable family-oriented ski resort above the Gatineau River, about 25 minutes north of Ottawa.

Known for its first-rate ski conditions and

teaching, Ski Vorlage offers an abundance of skiing and snowboard lessons from beginner to expert, from little ones to adults. The resort offers a terrain park for the enjoyment of all.

There are a number of accommodation facilities within walking distance of the resort.

Six evenings each week, night skiing is provided on 13 of the resort's 18 runs. Three chairlifts mean short lineups and more skiing adventures.

"It's fun and affordable," says Peter Rey-

nolds, Ski Vorlage marketing director. "Those who come here invariably are happy because they are outside doing what they want to do."

Cap your day off with food and refreshments from the cafeteria and licensed lounge as you soak up the gorgeous view of the Gatineau Hills on the resort's sun-drenched southwest-facing upper deck.

Vorlage also offers a complete ski rental and repair facility in addition to a newly revamped boutique featuring clothing, equipment and accessories.

Escape the everyday hustle and bustle at La Tropiqua

New and innovative yoga studio and spa

If you take care of your body, your mind and spirit will follow.

That holistic approach is the driving force behind the new and innovative La Tropiqua, a rejuvenating yoga studio and spa offer-

ing yoga, massage, and spa treatments that include manicures, pedicures, waxing, facials and more, as well as tasty snacks, all under one roof at 1292 Wellington St. W., in Ottawa's Wellington Village.

"We're about relaxation, health and wellness," says co-owner Marlene Roache. "La Tropiqua offers an oasis from the everyday hustle and bustle, a quiet retreat where people can unwind and rejuvenate."

From the comforting colours to the tranquil music, to the warm and friendly staff that provide the ultimate in customer service, La Tropiqua is the perfect tonic for energizing and calming bodies and minds.

Your visit can begin with a delicious, healthy smoothie, a sandwich or a coffee, followed by a Swedish or relaxation massage. Try a relaxing Hatha, restorative or Kundalini yoga class, or something more challenging like power yoga. Either way, you will experience top-notch instructors and estheticians.

La Tropiqua owners are planning to add a hair salon into the fold to better meet client demand. And keep an eye out for upcoming fun and interactive workshops.



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FACILITATING FUN AND PLAY

Whether you are a lean and muscular jock or a couch potato champion, there really is something for everyone at the Ottawa Sport & Social Club (OSSC).

Since 2013, OSSC has been providing co-ed adult (19-plus) sport leagues, social events, fitness classes, and tournaments to the greater Ottawa area. And, no, you absolutely don't need to be a past track star to sign up. Because the emphasis is on the social side of sport, anybody can join. You can sign up as an individual, with friends, or as a full team.

"We exist to help create a better community for adults to live, play, work, and connect in," says OSSC executive director

Lael Morgan. "The goal of our organization is to facilitate fun and play, meet new people, hang out with friends, and get into a healthy lifestyle, all while being active."

Winter 2015 leagues run 12 weeks long with more than 17 different sports options to choose from, ranging from the traditional ones like volleyball and floor hockey to more off-the-cuff sports like tchoukball and Ping-Pong.

If you aren't into team sports, the club also offers a suite of classes, ranging from salsa dance lessons to snowshoeing and cross-country skate skiing.

For more, and to register, visit ossc.ca.

Keep calories in check at holiday parties

If eggnog, chocolates, and hors d'oeuvres threaten to spoil your diet plans, Tristaca Curley, a registered dietitian and nutrition expert, has an easy plan for keeping calories in check.

She offers these guidelines for your next soiree:

1 CARRY A HANDBAG: It all starts before you leave the house. Plan to carry a clutch in one hand and a bottle of water in the other so it's difficult to grab too many calorie-laden hors d'oeuvres. Finger foods are often the highest in calories, so also try mingling in an area away from the table to make it harder to nibble.

2 PACE YOURSELF: Cocktails are part of most seasonal festivities. Curley suggests avoiding calories by alternating alcoholic beverages with water or diet soft drinks, both of which have zero calories per serving. Alcohol reduces inhibitions and might lead some of us to overeat or choose foods that we wouldn't normally have.

3 EAT WHAT YOU LOVE ... IN MODERATION: There's no reason to give up your favourite flavours this season. After



SHUTTERSTOCK

scanning the buffet, give yourself permission to eat only the foods that you really love and use a small plate to keep portions under control. It will give you the illusion of more food than if you use a big plate and it will help you eat more slowly.

— News Canada



Volunteers needed for a Health Canada Vitamin D Study

Does ethnicity, lifestyle and skin colour play a part in your child's health? Are they getting enough Vitamin D? Does this play a role in their heart health?

This winter, Health Canada's Nutrition Research Division will examine the effects of diet, skin colour and ethnicity on blood levels of **Vitamin D, Omega-3, cholesterol** and other indicators of heart health.

In order to complete the study, researchers at Health Canada are **looking for children:**

- » **Of South Asian descent** (Bangladesh, India, Nepal, Pakistan and Sri Lanka) **or White Canadian** (of European origin)
- » **Aged 6-19 years old**
- » **Living in Ottawa/Gatineau and surrounding areas**

Test results will be provided free of charge and each participant will be mailed a cheque for \$30 as compensation after their participation in the study.

To register your child or for more information on the study, please contact the **Vitamin D Study team** at **613-952-8332** or **eleonora.swist@hc-sc.gc.ca**.



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Jenneke and Yves and their two children enjoy everything the YMCA-YWCA has to offer. CONTRIBUTED

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YMCA-YWCA PACKAGES MAKE GREAT GIFTS

Yves and Jenneke Le Moullec's Y story started many years ago. As a young boy, Yves developed a love of sports and staying active at his local YMCA-YWCA. As he grew older, the Y remained a regular part of his life.

When Yves and Jenneke began dating, she joined, too, and the Y became an important part of their development as a couple. Once married, they spent quality time together, keeping fit, staying healthy and having fun.

Several years and two children later, the Y remains a foundation for their young family. The Y's family programming allows them to experience a healthy environment together while having fun and playing.

Together, they enjoy the Kids Zone area and family Zumba, and their kids take part in swimming lessons and summer camp on their own. Importantly, there is also the opportunity for Jenneke and Yves to remain connected to each other as they are able to spend time together working out while the kids are having a great time in Play Care.

"WE FEEL VERY STRONGLY THAT THE Y PROVIDES A POSITIVE ENVIRONMENT FOR OUR FAMILY. AT THE Y, WE STAY CONNECTED, PLAY TOGETHER, AND PASS ON THE IMPORTANCE OF BEING HEALTHY TO OUR KIDS."

— Jenneke Le Moullec

"We feel very strongly that the Y provides a positive environment for our family," Jenneke says. "At the Y, we stay connected, play together, and pass on the importance of being healthy to our kids."

Give the gift of wellness this season — family and adult Y membership packages make great gifts and are available for a limited time.

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* Rates subject to HST. Some conditions apply.

ymcaywca.ca

YMCA-YWCA of the National Capital Region

Children or Grandchildren Affected by Growing Pains?

Many children experience musculoskeletal pain that is dismissed as growing pains. When questioning why their feet did not appear to have arches, parents are told that it is normal for children. Is it?

Until about age five, children's feet have adipose (fat) tissue on their foot bottom that masks the arch, making feet appear flat. After five, lack of an arch is not normal. While these flat feet do not generally cause foot pain during childhood, they can trigger numerous musculo-skeletal problems throughout the body.

Overpronating or flat feet forces the lower-limb bones to rotate inward, leading to problems in the lower body up to the spine. They can create pressure on the patella (kneecap), causing it to track improperly and irritating the patellar tendon, resulting in pain in the knee or leg. Thrown out of alignment, the entire skeleton does not bear weight properly, requiring more energy to move: activity generates inflammation, general fatigue and achiness. This discomfort causes children to resist participating in activities, with the decreased activity levels po-

tentially contributing to childhood obesity.

The latest solution to pediatric overpronating or flat feet, HyProCure® is a titanium stent placed in the naturally-occurring space between the ankle and heel bones. Using a minimally-invasive procedure under local anesthetics, this stent instantly supports, realigns and stabilizes the ankle bone, improving alignment and balance of the foot, toes and overall body up to the spine. Unlike orthotics that only temporarily improve foot functionality, HyProCure ends overpronating flat feet, optimizes musculo-skeletal growth and may reduce the likelihood of requiring knee or hip replacement from misaligned feet causing an abnormal force transfer.

As a Doctor of Podiatric Medicine, Registered Chiropractor and Foot Specialist at Ottawa Foot Practice, Pierre Dupont specializes in treating the underlying cause of foot and lower-body pain conditions. Using a combination of digital weight-bearing xrays, comprehensive case history and observation and palpation of the musculoskeletal structures involved,

RIGHT LEFT



The above 9 year-old boy, affected by a severe bilateral flat foot condition, had a HyProCure stent inserted into his right foot three weeks prior to this photo. See how straight the right foot is compare to the left.

he identifies the underlying cause of lower-body pain and offers a range of treatment options, including foot implants, orthotics, anti-pain and anti-inflammatory laser treatments.

Visit ottawafotp.com and hyprocureottawa.com before calling 613-595-9700 to lead your child towards an optimal lifestyle.

For more information, please refer to related scientific articles published in the *Journal of the American Podiatric Association* at www.japmaonline.org and in the *Journal of Foot and Ankle Surgery* at www.jfas.org.

Customer service sets Spa Junkie apart

Spa Junkie has become one of the region's top beauty bars by giving clients the attention and top-quality service they deserve, says co-owner Louise Green.

"We strive to make sure that every aspect of the customer experience matches the exceptional quality of the services we provide," Green says. "That's why repeat customers account for more than 90 per cent of our business."

The shop's approach to skin care is a case in point. Spa Junkie offers the full range — from compressed half-hour maintenance facials, to full corrective treatments, such as PCA peels. To help dispel the myths about peels (a *Sex and the City* episode comes to mind), Green recently had one herself and wrote about the experience — and the results — on spajunkie.ca/blog

"I always pose the question, 'Tell me about your skin,'" Green says. "Clients often tell me that no one has taken the time to ask them that. I think this helps explain what sets us apart: Our relationship with our clients — we care about results."

Along with skin care, Spa Junkie provides three other esthetic services — sugaring,



CONTRIBUTED

waxing, and makeup. Located on Laurier Avenue between Metcalfe and O'Connor, the company hires only talented and personable specialists. Green works alongside her staff to support the continuous improvement of their knowledge and technique.

SORE FEET?

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ADVERTISING FEATURE



Tanya Manikkam



CONTRIBUTED PHOTOS

Take advantage of NutriChem health benefits

More and more people are taking advantage of the benefits associated with improving health through nutrition. At the core of this is the comprehensive analysis of a patient's hormone and vitamin levels.

"It's crucial to start with a full understanding of the state of a patient's health," says naturopathic doctor Tanya Manikkam of NutriChem, a naturopathic clinic and compounding pharmacy in Ottawa.

The quality of the clinic's products and services, along with its holistic approach to patient health, convinced Manikkam to leave her independent practice and join NutriChem last year.

"Our tests may identify factors that typically cause or contribute to health problems and low energy levels, factors such as vitamin deficiencies and hormonal imbalances."

During more than 30 years in business, NutriChem may have helped tens of thousands of people optimize their health by minimizing the use of prescription drugs.

"Certain physicians would rather reach for the prescription pad than order comprehensive tests and find the root cause," Manikkam says. "We work with the growing number of doctors who appreciate the advantages of treatment plans based on test results."

"Few people recognize that imbalances in body chemistry may contribute to a wide range of physical, mental or emotional symptoms," Manikkam says.

Following the analysis of test results, the NutriChem team develops a comprehensive treatment plan that considers all aspects of a patient's lifestyle, with an emphasis on diet and physical activity levels. NutriChem works with a growing list of physicians and most of its services are covered by either public or private insurance plans.

NutriChem operates two clinics in Ottawa, along with a compounding pharmacy.

"Along with filling pharmaceutical prescriptions, we also compound our own herbs, supplements and medications," Manikkam says.

For more information, visit nutrichem.com.

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"I am extremely pleased with the treatment plan Dr. Tanya suggested and I am well on my way to feeling back to my old self. I highly recommend this alternative health care."

a NutriChem client

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What is NutriChem?

NutriChem is your solution for optimal health. Get the most comprehensive testing available paired with the most detailed consultation you will ever experience! Together, this will result in the creation of your own personalized vitamin and mineral formula.

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NUTRI-BITES
Theresa Albert
DHN, RNCP
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Double-duty dinners are lifesavers, but they have to be simple to make ahead and freeze for those last-minute emergency weeknight meals.

Some foods don't freeze well; the secret is really in the water content. As water freezes, it expands, and the crystals poke the cell walls, causing frozen fruits and vegetables to become mushy on thawing.

They are still usable and nutritious, but don't have the same texture as you would expect when they are fresh.

Here are some tips for freezing.

- Any time you are making soups, stews or curries, double the batch, fully cook and store in single serving sizes for quick, safe freezing and reheating.

- Do not freeze: lettuce, cooked eggs or cheeses under 35% milk fat (MF). All will suffer texturally.

- Wrap fish cakes or vegetable/bean burger patties tightly in plastic and do not thaw before pan frying. This will minimize the potential for sogginess. Use medium-high heat on the stovetop and pop onto a baking sheet making sure there is space between each patty and then into a warm oven to heat through.

- Be sure to reheat any frozen dish thoroughly and only once to avoid food-borne pathogens.

- Pancakes are great frozen with layers of parchment or wax paper and then popped in the toaster, but avoid using fruits like blueberries or bananas that can give off water and drip into the toaster. Think about using pancakes in a savoury way by adding goat's cheese and bacon instead of the sweet stuff.

Anything worth making is worth making twice as much. Or half the time. Or something.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe serves eight. THERESA ALBERT

Pan-fried Mango Fish Cakes. These bites use your choice of fish fillet and are topped with sweet fruit

THERESA ALBERT
myfriendinfood.com

1. Place mango on the counter to thaw and mix with chutney, set aside.

2. Bring a large pot of water to a boil while you scrub (but not peel) potatoes and chop into quarters. Rinse green onions well under cold running water

and chop, then set aside.

3. When water boils, add potatoes, garlic, salt and bring back to the boil, simmer for 10-15 minutes.

4. Add fish in frozen pieces when potatoes are soft enough to be poked with a knife. Simmer for 5-6 minutes just to cook through. Add chopped green onions for final minute.

5. Mix cornmeal, bread crumbs and curry powder on a plate, ready to roll a crust for the potato patties.

6. When fish is cooked, drain water, and mash fish mixture with a hand masher or with a

hand-held wand until soft, but not smooth. A few lumps add nice texture.

7. Place 3-4 large pieces of foil on the counter and drizzle or spray with oil for freezing.

8. Form medium round patties with a 1/2 cup (a handful) of the potato mixture. Roll in bread crumb mixture, place on foil, spray tops and fold foil over. Either fry in a skillet now or place in freezer up to 3 weeks.

9. To cook: Preheat a large skillet over medium-high heat and drizzle or spray with oil. Add 2-3 patties at a time and let brown on one side before turning carefully. Place onto a baking sheet and into a 375 F oven

to heat through.

10. To serve, top with mango and sprouts.

Ingredients

- 2 cups frozen mango
- 1/2 cup mango chutney
- 6 small Yukon gold potatoes
- 2 green onions
- 4 cloves garlic, minced
- 1 tbsp salt
- 4 fish fillet (about a pound), frozen (sole, tilapia or whitefish)

Coating

- 2 tbsp cornmeal
- 1/2 cup bread crumbs
- 1 tbsp curry powder
- Bean or pea sprouts for garnish

Effortless appetizer impresses

1. Dice the trout fillets into 1/2-inch cubes, set aside.

2. Mix grapefruit and lime

juice with the shallot, chili and sugar; whisk in oil. Pour mixture over trout and allow to marinate for 12 minutes.

3. Add the fresh mint to trout.

4. Shave fennel and apple, and add a squeeze of lemon juice, a

splash of olive oil and chopped dill and season lightly with salt and pepper. Set aside.

5. Combine all ingredients for pesto, set aside.

6. Sear scallops in a hot pan, approx. 30 seconds per side.

7. To serve: Lay apple and fennel on plate topped with trout ceviche. Add seared scallop topped with plum pesto and serve. **LOBLAW EXECUTIVE CHEF MARK RUSSELL FOR THE NEAR YOU PROGRAM**

Ingredients

Fish

- 500 g trout fillets
- 2 tbsp each grapefruit/lime juice
- 1 minced shallot
- 1 diced red chili
- 1 pinch sugar
- 1 tbsp fresh mint

- 60 ml PC black label Extra Virgin Avocado Oil

- 1 bulb fennel
- 1 crisp green apple
- 2 tbsp lemon juice
- 1 tbsp chopped dill
- 10 scallops

Pesto

- 100 g black plums
- 26 g toasted pine nuts
- 2 g capers
- 10 g fresh mint
- 40 ml President's Choice New World EVOO Extra-Virgin Olive Oil



This Ceviche of Trout with Apple and Fennel, Seared Scallops with Black Plum Pesto recipe serves 10 as an appetizer. LOBLAW COMPANIES LTD.

MLB

Sandoval leaves San Fran behind

Kung Fu Panda is moving to Boston.

Free agent third baseman Pablo Sandoval and the Boston Red Sox have agreed to a multi-year contract, and the switch-hitting slugger informed the San Francisco Giants he's leaving.

THE ASSOCIATED PRESS



Pablo Sandoval GETTY IMAGES

NBA



my job."

LeBron James whose Cleveland Cavaliers were 5-7 going into Monday night's game against the Orlando Magic

"We got a four-game losing streak, so I stink. I'm not doing

Hockey

Great Soviet coach Tikhonov dies at 84

Viktor Tikhonov, the Soviet hockey coach whose teams won three Olympic gold medals but fell to the United States in the "Miracle on Ice," died after a long illness. He was 84.

Russia's Kontinental Hockey League said early Monday that Tikhonov died

during the night. He had been receiving treatment at home for an undisclosed illness that had left him unable to walk in recent weeks.

"The entire global hockey community has lost a great coach," Vladislav Tretiak, who played goalie for Tikhonov's Soviet team and now heads the Russian Hockey Federation, told Russia's R-Sport news agency.

THE ASSOCIATED PRESS

Hockey legend Pat Quinn remembered as gentle giant

'Big Irishman'. Coach, GM and executive succumbs to illness in Vancouver at age 71

On the ice, behind the bench and behind his desk, Pat Quinn was an imposing figure.

"The Big Irishman' is a guy that loves the game so much that when he walks in, you know hockey's in the room," longtime broadcaster and executive John Davidson said.

Quinn died Sunday night in Vancouver after a lengthy illness, the Hockey Hall of Fame and Vancouver Giants said Monday. Quinn, who was co-owner of the WHL's Giants, was 71.

The former NHL defence man, longtime coach and executive went down fighting as colleagues raved about not only his hockey acumen but about the kind personality behind his gruff exterior.

Quinn led Team Canada to the gold medal at the 2002 Olympics in Salt Lake City, the country's first men's hockey gold medal in 50 years. He also coached the Vancouver Canucks to the 1994 Stanley Cup final, the Canadian world junior team to gold in 2009 and

helped the Toronto Maple Leafs to the Eastern Conference final two times.

In 15 full seasons as an NHL coach, Quinn's teams missed the playoffs only three times.

That success came over the span of decades, as a coach and executive.

"He's not unlike a Scotty Bowman in that they're really bright guys," said former Washington Capitals GM George McPhee, who worked under him in Vancouver and made his son Graham's middle name Quinn as a tribute. "They were really intelligent and they could see the trends, they could see the fads, the things that were going to come and go and the things that would stay. Very perceptive and he adjusted and advanced."

Quinn was hailed by those close to him for having a heart to match his six-foot-three, 200-plus-pound frame. Maple Leafs director of hockey and scouting administration Reid Mitchell called Quinn a gentle giant who was a "larger-than-life kind of guy, in stature and even his smile."

Part of that stature was that he was as tough as they come.

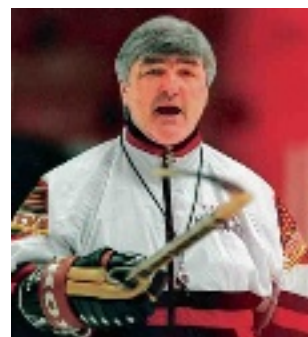
"He's a real guy's guy. He's a man's man," Florida Panthers GM Dale Tallon said. "He's just a straight shooter and called it like it is." THE CANADIAN PRESS



Pat Quinn smiles after Team Canada's 5-2 win in the pressure-packed men's gold-medal game at the Salt Lake City Winter Olympic Games in February 2002. BRIAN BAHR/GETTY IMAGES



Pat Quinn during his second season playing with the Maple Leafs in 1969. TORSTAR NEWS SERVICE



Quinn during the spring of 1994 when he coached the Canucks to the Stanley Cup final. GETTY IMAGES

Pat Quinn's big moments

- **Jan. 29, 1943:** John Brian Patrick Quinn is born in Hamilton.
- **1968:** Makes NHL playing debut with the Toronto Maple Leafs. Went on to play with the Canucks and Atlanta Flames before retiring due to ankle injury.
- **1980:** As head coach, Flyers amass a record-setting 35-game undefeated streak, Quinn leads them to the Stanley Cup final before losing to the New York Islanders.
- **1987:** Joins the Vancouver Canucks as president and GM. Takes on additional role of head coach in 1991.
- **1994:** Coaches the Canucks to the cup final only to be denied by the New York Rangers.
- **1998:** Named head coach of the Leafs. Leads club to Eastern Conference finals in 1999 and 2002.
- **2002:** As head coach, Quinn leads Team Canada to an Olympic gold medal in Salt Lake City.
- **2009:** Canada wins gold at the world junior hockey championship with Quinn behind the bench. Canada hasn't won gold since.
- **2009:** Edmonton Oilers hire Quinn as new head coach. He stays for only one season.
- **Nov. 23, 2014:** After a long illness, Quinn dies in Vancouver at the age of 71.

Memories of those Quinn touched



"One of my favourite Pat Quinn moments was him in tears on our bench after winning gold in Salt Lake. He said women inspired the men. #patsbench"

Hayley Wickenheiser, six-time Olympian in women's hockey (on Twitter)

"He was a great man because he cared. He loved his players and people; the fans are connected because of his passion."

Trevor Linden, former Vancouver Canucks' captain



Mats Sundin, former Leafs captain

"RIP Pat Quinn. 1st phone call after winning in 2010 was from him, a beautiful Canadian. I will never forget that. Thoughts are with his family"

Scott Moir, gold-medal-winning figure skater (on Twitter)





Tyler Ennis in the 2014 NBA rookie photo shoot. The Brampton native hasn't seen much court action in the NBA with the Suns in his first season yet. NICK LAHAM/GETTY IMAGES

Back to the ACC, but not as a fan this time

Tyler Ennis. Brampton native gets the rookie treatment with Suns

Promising

"For a young guy coming out of college ... it's big. He's making great strides and he's going to do fine in this league."

Suns coach Jeff Hornacek on Brampton-native Tyler Ennis

Several of the Phoenix Suns were sitting courtside after shootaround Monday morning at the Air Canada Centre. They leaned back in their chairs, and lazily kicked off their shoes. Tyler Ennis walked by and scooped up each one, depositing the giant-sized sneakers in a nearby equipment bag.

He picks up shoes, he wears a pink Disney Princess backpack, he brings the team soap — it's all part of the life as an NBA rookie.

Unfortunately for Ennis, being a rookie has also meant going from averaging 35 minutes a night in college to zero minutes most nights with the point-guard-heavy Suns.

The 19-year-old from Brampton, Ont., who was back in Toronto for the Suns' game Mon-

day night against the Raptors, remains patient and optimistic.

"I work out a lot as far as game days. I always try to stay in shape," Ennis said. "You never know what happens, one day you could not be playing, the next day you could be in the rotation."

He went 18th overall to Phoenix in the draft, but the Suns already had starters Goran Dragic and then signed Isaiah Thomas from Sacramento in the off-season. Ennis has been the odd man out, playing a total of 18 minutes in two games so far.

"I think Tyler is doing great," said Suns coach Jeff Hornacek. "Unfortunately for us, we've got those three point guards on

the team."

Ennis did see significant playing time when the Suns sent him down to the Bakersfield Jam — their D-League franchise — for two games. He totalled 44 points, and 15 assists. The Suns recalled him for this six-game road trip, which brought the Canadian back to the Air Canada Centre, where he grew up watching the Raptors.

"You don't get to see this side of it being a fan," Ennis said. "So it's good to just get back into the city, see my friends, family, and being able to be on the other side, (not) with the fans, but being in the (players') seats this time."

THE CANADIAN PRESS

Back at his prime

Williams named NBA East player of the week

Lou Williams said there were times he doubted he'd ever be back to playing at his best.

All that doubt has disappeared.

The Raptors guard was named NBA Eastern Conference player of the week Monday after helping Toronto to a 3-0 record last week.

THE CANADIAN PRESS

Wanted 'a hug'

Fan says Manziel's entourage assaulted him

A Browns fan who says he wanted to give Johnny Manziel "a hug" was struck by the rookie quarterback's entourage at a downtown hotel and was left with a swollen eye and lip, police said.

According to a police report, Chris Conos told police he was assaulted by "Johnny Football and his entourage." THE ASSOCIATED PRESS

Champions League heats up

Four things not to miss about Tuesday's clashes for the UEFA Champions League.

THE ASSOCIATED PRESS Photos by Getty Images



The unstoppable Lionel Messi

After becoming the Spanish league's all-time leading scorer over the weekend, Lionel Messi is chasing another milestone in the Champions League.

The Argentina forward is even with Raul Gonzalez's all-time record of 71 Champions League goals, and he could better that on Tuesday against Cypriot club APOEL on Tuesday in Group F.

"He doesn't stop breaking records," Barcelona defender Jordi Alba said.

Is Suarez's first coming?

Barcelona overlooked Luis Suarez's checkered past and his most recent biting ban when it signed him for his scoring prowess. But the Premier League's top scorer last season has so far only excelled at helping others to score and is still looking for his first goal for Barcelona.

Suarez has assisted on four goals in five appearances, and the Urugu-

guay forward will surely be eager to finally get his debut goal against APOEL.



Injury-hit PSG may be Ajax's luck

PSG's injury worries might give a slight chance to Ajax this Tuesday.

Midfielders Yohan Cabaye and Thiago Motta were replaced during PSG's 3-2 win over Metz in the French league because of calf problems, while David Luiz, Lucas and Marco Veratti were not fit enough to play.

"This is what happens to clubs who have a lot of international players," PSG coach Laurent Blanc said.

Paris-Amsterdam connected

Ibrahimovic, who scored 35 goals in 74 matches in the Dutch league from 2001-04, won't be the only PSG player facing his old club.

Defenders Gregory Van der Wiel and Maxwell are also former Ajax players.

"It is always special for me to play against Ajax.... My time in Amsterdam allowed me to become a man," said Maxwell, who played under current Ajax coach Frank De Boer.



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— CARLOTTA DE PEREIRA

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Stuck on 12 Across?
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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Are you working harder for ever smaller returns? Or is that an illusion, brought about by your insistence on measuring things in material terms. On a deeper level you are a lot better off.

♉ Taurus

April 21 - May 21

Ideas and insights are coming fast but because Taurus is such a down-to-earth sign you may be reluctant to act on a whim. But you must.

♊ Gemini

May 22 - June 21

If nothing adds up it can only be because you are using the wrong measuring tool. Put your current beliefs aside and everything will be clear.

♋ Cancer

June 22 - July 23

Jupiter, planet of expansion, links with Mars today, urging you to rise above the limits you have imposed on yourself. You will accomplish things you had only dreamed of doing.

♌ Leo

July 24 - Aug. 23

You like to be free to do things spur of the moment and nothing will stop you from following your instincts over the next 24 hours.

♍ Virgo

Aug. 24 - Sept. 23

Don't limit yourself to one particular environment today — get out into the world and see as much as you can.

♎ Libra

Sept. 24 - Oct. 23

Feelings you thought you had outgrown or left behind will make a return over the next two or three days but they are nothing to worry about.

♏ Scorpio

Oct. 24 - Nov. 22

An important relationship will take a turn for the better over the next 24 hours, especially if you openly communicate your feelings.

♐ Sagittarius

Nov. 23 - Dec. 21

Just because you see things differently to most other people does not mean you are out of step — it could mean you are the only one who knows where you are going.

♑ Capricorn

Dec. 22 - Jan. 20

There is a pattern to recent events. If you look carefully you will see it. Forces outside your control have been guiding you in a new direction. Not a bad thing.

♒ Aquarius

Jan. 21 - Feb. 19

Although Mars and Jupiter form a somewhat tense link today it could also be a useful link. It will certainly help you deal with any difficulties quickly and efficiently.

♓ Pisces

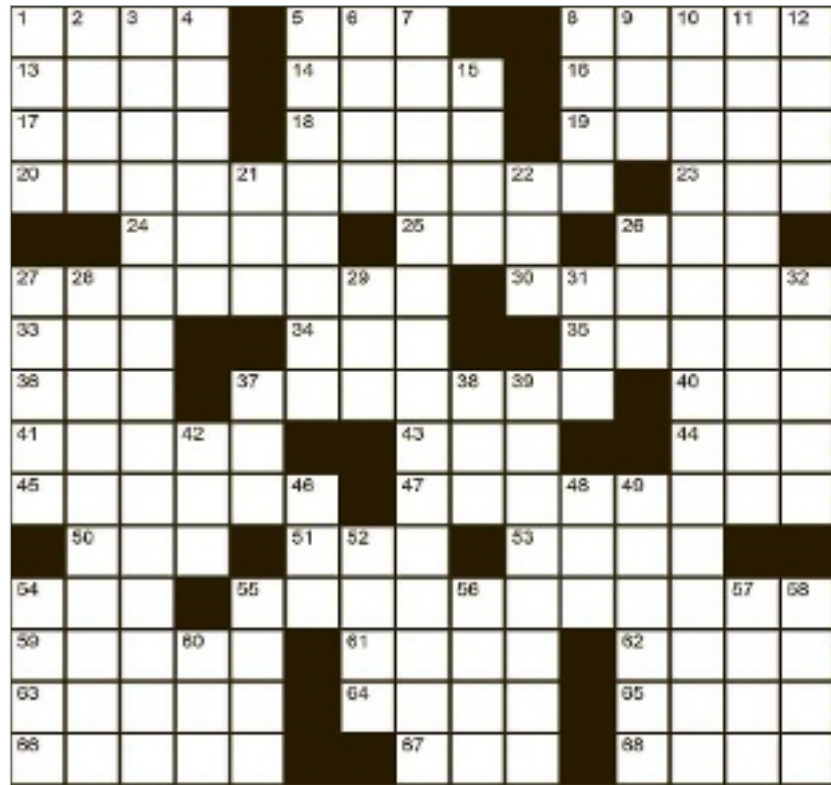
Feb. 20 - March 20

You know exactly what needs to be said or done to restore harmony at home or at work, so get on with it.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

- Tunesmith Paul
- Lettuce variety
- Quebec's ___ Peninsula
- Humorist Mr. Shriner's
- Harbinger
- Particular plaudit
- Organic compound
- Gracious
- Red Square's at-rest ruler
- Steel-___ (Victorian-style shapewear)
- Genetic info carrier
- Beloved
- Spacecraft riders, briefly
- New newt
- Harbour haul
- Washington state city
- "Tik ___" by Ke\$ha
- Shakespearean word
- Actress Sophia
- Have payments
- Gains back
- Banned pesticide
- Lyricist Sammy's
- Train unit
- "Phooey!", in ye olden days
- "Buffy the Vampire Slayer" (1992) star Ms. Swanson
- 1800s warship
- Org. for Spike Lee, Steven Spielberg, Oliver Stone, etc.



- Keats specialty
- "Arriba": Hit for what Canadian dance music singer?
- Cigarette danglee
- One of two Neil Young songs that Lynyrd Skynyrd's "Sweet Home Alabama" is a response to: 2 wds.

- Alicia Keys' "Brand ___"
- Canucks ...the first letter is a ___, whilst the fifth, being little, isn't
- Show allegiance
- Entangle
- Paving stone
- Portion
- "Dancing with

- the Stars" alum Ms. Sliwinski
- Tripled letter
- L'l bootcamp officers

Down

- Caught in ___ of lies
- El ___ (Warm ocean current)

- It leads to Dawson City in the Yukon: 2 wds.
- Snoozing
- Sidewalk surface
- Puccini aria: "___ Babbino Caro"
- Illuminati, and others: 2 wds.
- Canadian composer Mr. MacDermot

- ___inspiring
- Born-in-Scotland Canadian engineer (b.1827 - d.1915) known for Standard Time: 2 wds.
- Magazines and newspapers: 2 wds.
- ___ Turnblad, role in "Hairspray" (2007)
- Chirper's creation
- Water holder-backer
- Cornerstone abbr.
- ___-friendly
- Warehouse merchandise
- E.M. Forster book-turned-movie: 2 wds.
- Ms. Richie, to pals
- Mr. Gore's
- Staked, in poker
- Alphabetic sequence
- 'Jag' add-on (Posh car)
- Externalizes
- Intelligence org. in The States
- ___-hoo!
- Neither here ___ there
- Population count
- Gives nicknames
- Newfoundland & Labrador town: L' ___ au-Loup
- Ms. Ward
- Elevs.
- Mine passage
- Goalkeepers' guardees
- "The A-Team" star, ___.

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

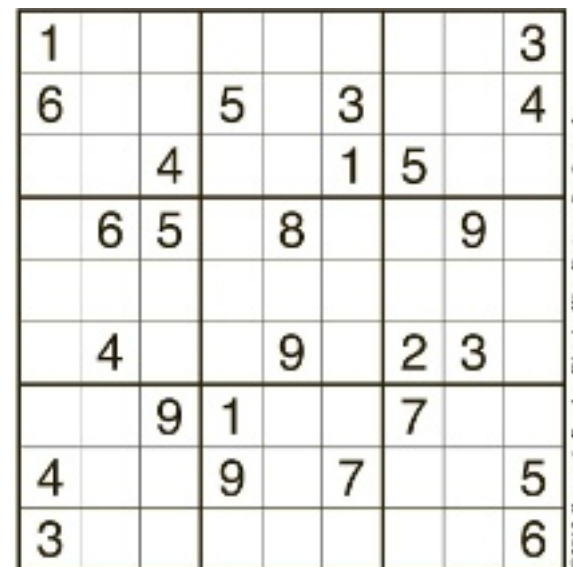


Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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weekly

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loaded, a/c, mags, 103,090km



\$75**
weekly

\$14,980

2011 MITSUBISHI RVR 5135313
4WD, loaded, a/c, mags, 41,968km



\$84**
weekly

\$16,960

2011 SIENNA 5135336
loaded, a/c, mags, 90,289km



\$100****
weekly

\$26,880

2014 FRONTIER SV 5135272
4WD, loaded, a/c, mags, 19,912km



\$74****
weekly

\$19,980

2014 TOWN & COUNTRY 5135427
loaded, a/c, mags, 47,195km



\$52****
weekly

\$13,960

2014 AVENGER SXT 5135319
loaded, a/c, mags, 49,863km



\$62**
weekly

\$12,450

2012 COROLLA 5135254
loaded, a/c, 87,867km



\$79**
weekly

\$15,960

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loaded, a/c, mags, 82,915km



\$59***
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